

# "Dribble, Turn & Shoot Race"

## (Dribbling, turning, shooting while running)

**Summary:** Players race around a cone to a goal and shoot. One point for each goal. The first team to 10 wins. Play 3 or 4 games. If appropriate, re-balance the teams after each game. Each player has a ball.

**Set-up:**

1. Divide the players into teams of 3, 4 or 5 players each (depending on how many players are at practice). It's okay if one or two of the teams has an extra player. Try to balance the teams so they have equal ability.
2. Every player has a ball.
3. Use cones to make one goal per team (make each goal 2 steps wide), and put a "Turning Cone" out 8-10 steps from each goal, as shown below:
4. Line each team up beside their goal (i.e., beside the goal they will be shooting on), starting on the right side, so all the teams are turning in the same direction.
5. After each game, have the players start beside the other side of the goal, so one game they turn to the left and the next game to the right.

**The Game:**

1. On "Go", the first player in each line dribbles to the "Turning Cone", turns around it and dribbles back to the Goal and shoots. The player may shoot as soon as he thinks he can make the shot.
2. The next player in each line can go as soon as the prior player takes a shot. Or, for U-6, the Coach can have the players wait until she says "Go".
3. The player who shoots must run to pick up her ball and go to the back of her team's line so she is ready when it is her turn to go again.
4. One point for each goal.
5. The first team to reach 10 wins.
6. Play 3 games and, if necessary, re-balance the teams after each game.

**Tip:** Show U-8 & older how they can use the outside of one foot to make the turn (as an alternative to using the inside of the other foot).